



JUNE 2023 MCA COMMUNITY HEALTH PROGRAM FITNESS CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



JUNE IS #MENSHEALTHMONTH! THIS MONTH IS ALL ABOUT RAISING AWARENESS ABOUT HEALTH ISSUES AFFECTING MEN AND BOYS. JOIN US AT KANONHKWA'TSHERI:IO HEALTH FACILITY ATRIUM ON JUNE 14TH, 2023 TO PARTICIPATE IN MCA COMMUNITY HEALTH PROGRAM MEN'S HEALTH SCREENING EVENT!

1
12PM-2PM OPEN GYM

2

FITNESS CLASSES
OPEN GYM: OPEN ACCESS TO THE FITNESS CENTRE WHERE COMMUNITY MEMBERS AND MCA EMPLOYEES CAN EXERCISE WITH EQUIPMENT AT THEIR OWN PACE.

5
5PM-5:45PM CIRCUIT TRAINING

6
12PM-2PM OPEN GYM

7
12PM-2PM OPEN GYM

8
12PM-2PM OPEN GYM

9

CIRCUIT TRAINING: A FREE 12-WEEK BODY CONDITIONING/ RESISTANCE TRAINING CLASS THAT USES MODERATE TO HIGH INTENSITY AEROBICS. IT TARGETS STRENGTH BUILDING, MUSCULAR ENDURANCE, INCREASING FITNESS LEVELS, ENHANCING FLEXIBILITY AND WEIGHT LOSS.

12

13
12PM-2PM OPEN GYM

14
12PM-2PM OPEN GYM
1PM-4PM MEN'S HEALTH SCREENING EVENT!
5PM-5:45PM CIRCUIT TRAINING

15
12PM-2PM OPEN GYM

16

IMPORTANT REMINDER: PLEASE KEEP IN MIND THAT CLASSES WILL BE CANCELLED IF MCA IS CLOSED FOR ANY REASON. OTHER ISSUES MAY ARISE THAT WILL CAUSE FITNESS CLASS CANCELLATIONS. PLEASE CHECK OUR FACEBOOK PAGE: MCA COMMUNITY HEALTH PROGRAM FOR ANY UPDATES!

19
5PM-5:45PM CIRCUIT TRAINING

20
12PM-2PM OPEN GYM

21
NATIONAL ABORIGINAL DAY

22
12PM-2PM OPEN GYM

23

26
5PM-5:45PM CIRCUIT TRAINING

27
12PM-2PM OPEN GYM

28
12PM-2PM OPEN GYM
5PM-5:45PM CIRCUIT TRAINING

29
12PM-2PM OPEN GYM

30
CANADA DAY

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT:
MCA COMMUNITY HEALTH PROGRAM
613-575-2341 EXT. 3220
OR
DIABETES PREVENTION WORKER
KRISTA LEE OAKES EXT. 3239